

# Growing Healthy Families

BRATTLEBORO DISTRICT OFFICE • Vermont Department of Health, WIC Program  
232 Main Street, Suite 3, Brattleboro, VT 05301 • 1-802-257-2880 or 1-888-253-8805

## Breastfeeding support: Preparing for birth and first 10 days

**Wednesdays**

**December 14 and February 8**

**1:00–1:45 p.m.**

**Vermont Department of Health**

**WIC Office, 1st floor**

**232 Main Street, Brattleboro**

Presented by Cindy Twombly,  
Public Health Nurse

Whether it's your first baby or you're an experienced breastfeeding mom, the WIC Program is here to help you get off to a great start. Knowing what to expect, being prepared for some challenges, and knowing where to go for support can help you stick with breastfeeding through those first few weeks. We'll talk about what happens in the hospital, and what to expect from your newborn when you get home. You'll learn how to tell if your baby is getting enough to eat, if s/he is having enough wet and dirty diapers, and who to call when you have questions. You can do it and WIC can help. Dads and other supports are welcome, too.

For more information and to register, call Cindy at 251-2139.

All activities are FREE  
of charge!

## The Mothers' Circle

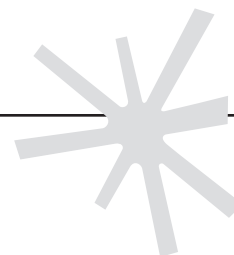
**Tuesdays, 10:15 a.m.**

**Winston Prouty Center**

**209 Austine Drive, Brattleboro**

Motherhood is not meant to be done alone. The Mothers' Circle is a supportive and confidential discussion group for moms. Free childcare is available, although babes-in-arms are welcome to remain with their mothers in the circle. Light refreshments are provided.

Contact Alison Wheeler at 258-2414, ext. 213 or by e-mail  
[alison@winstonprouty.org](mailto:alison@winstonprouty.org).



## Let's get moving!

**Monday, January 23**

**1:00–1:45 p.m.**

**Vermont Department of Health**

**WIC Office, 1st floor**

**232 Main Street, Brattleboro**

Are your kids getting restless from being cooped up inside this winter? Is cabin fever getting you down? Learn some new ideas for indoor play and have some fun in the process. Come with your toddler and be prepared to move, play and sing with us. Activities are simple, fun and can easily be done in your home. So shake off the winter blahs and join Cindy Twombly, Public Health Nurse, for this fun activity. Plus, it counts as your WIC nutrition activity.

Call Cindy at 251-2139 for more information and to register.

## Around the table

**Classes start in January**

**Time and place to be announced**

WIC and the UVM Extension Service are offering a series of free cooking classes starting in the spring. We are looking for 10–12 families to participate in this 6-session program that includes discussion, hands-on activities, and making healthy recipes. The best part is that participants choose the topics they want to learn more about. Learn how to eat healthier on a budget, how to shop smarter at the grocery store, prepare food in a fun setting, and plan healthy meals for busy lives. Receive a certificate of graduation and free gifts, including an immersion blender for completing the class! We guarantee you'll have a fun time.

Call us at 257-2880 for more information and to register.